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Food and Nutrition Service
Program Aid No. 1305

U.S. Department of Health
and Human Services
Public Health Service

March of Dimes
Birth Defects Foundation

October 1981

Why Not Deliver Your Best!

While you're pregnant:

- See your doctor regularly.
- Eat a nutritious diet.
- Avoid drugs,* alcohol, and cigarettes.

*Unless prescribed by your doctor



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